

Former NFL Star Quarterback Joe Theismann Interviews Dr. Richard Gringeri, D.C on Type 2 Diabetes

Joe Theismann is a Super Bowl winning quarterback and former Monday Night Football broadcaster. Dr. Gringeri has helped hundreds of Type 2 diabetics in the greater San Jose area to reduce or eliminate their medications with natural solutions.

JT: *You're a chiropractor by trade but you have evolved and developed a treatment for diabetes. Tell me about it.*

Dr. G: For many years, I treated neck and back pain and all those things that most chiropractors do. My focus now is helping people who have Type 2 diabetes.

What I've found is that Type 2 diabetics usually develop high blood pressure and high cholesterol, at least a big majority of them do. It's one of the major health problems that we have in America today.

JT: *It's almost an epidemic, isn't it?*

Dr. G: That's right and the medical community has come up with the term "metabolic syndrome." It includes diabetes, high blood pressure, high cholesterol and obesity. The viewpoint is that once you get one, you usually end up with all of them.

JT: *When I think of a chiropractor, I don't normally think of them working with diabetics. How did that happen?*

Dr. G: I've always worked with people both with chiropractic adjustments and nutrition. About 12 years ago, a gentleman came in to see me about neck and back pain but he said "my big health concern is diabetes." He told me that no matter what he did and no matter what his doctors were doing with him, he continued to get worse. He was very worried because his mom had Type 2 diabetes and she had gotten so seriously ill



Joe Theismann (left) interviews Dr. Richard Gringeri of The Human Engine Clinic

that she was blind and had part of her leg amputated. I said let's see if we can help you with this and he began my program and recovered pretty quickly to the point that his doctors were able to take him off all his medications.

JT: *Give me the idea of a program that would give a diabetic some relief and help?*

Dr. G: We have an approach that we call the "Human Engine" approach. I teach patients that the body is an engine just like the engine in your car. You need to put fuel in it. You need oxygen – the fuel mixes with oxygen - then you need a spark for it to burn. The body is similar; it needs those things to run. I went to the medical textbooks on diabetes and they said that diabetes was a digestive problem, an oxygen deficiency problem, and possibly a combustion problem. The books said that what I was doing was the exact right thing to do. It's been in the medical literature for a long time - since the 1940's - on proper methods to handle diabetes.

Medical treatment has shifted away from that and become more drug oriented now than it used to be.

JT: *I think most people in society have the idea that "if I take a pill, I'm going to feel better." But that's just a temporary masking of the problem, isn't it? If you start to take a lot of medications, you break down the body more than help it. The way you're treating diabetics is an opportunity that's better than feeding yourself full of medication and thinking that's it going to be solved. You're helping people to help themselves.*

Dr. G: Yes, I teach people how to understand their condition better and how to gain mastery over it.

JT: *Thanks for helping people.*

To see the full 11 minute interview, go to <http://humanenginedoctor.com/joetheismanninterview/>

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